

LEGACY

Ever wonder what kind of legacy you will leave behind as a parent or caregiver?
Ever think about how you were raised and how it's affected you, good or bad?

I encourage you to read through these questions and honestly answer them.
My hope is that in doing so it will help you make positive changes in your parenting style and family life.

- How would you describe your mother's parenting style?

- How would you describe your father's parenting style?

- What were your mom's best qualities?

- What were your mom's worst qualities?

- What were your dad's best qualities?

- What were your dad's worst qualities?

- What positive parenting behaviors of your mother do you want to copy?

- What negative parenting behaviors of your mother do you want to avoid?

➤ What positive parenting behaviors of your father do you want to copy?

➤ What negative parenting behaviors of your father do you want to avoid?

➤ When my parents / caregivers disagreed or fought, they would:

➤ My favorite family time I remember is:

➤ My mom displayed her affection for me by:

➤ My dad displayed his affection for me by:

➤ I resented it when my mom:

➤ I resented it when my dad:

➤ If this were my last hour on earth, I'd want to tell my dad:

➤ If this were my last hour on earth, I'd want to tell my mom:

➤ The other important adults in my life who helped raise me were:
